

Appendix

FOCUS GROUP DISCUSSION GUIDE

1. What does health mean to you?
2. In your opinion, what do you think are the common diseases/health conditions of parishioners in your CHURCH, how about in your age group?
3. What do you understand by the term “physical activity”?
4. What do you understand by the term healthy food?
5. What do people your age consider as “healthy foods” and why? What do people your age consider to be “unhealthy foods and why?
6. What do you think are the benefits or disadvantages of consuming fruits and vegetables?
7. Do you think the church has a role to play in Health and health-promoting activities? If you feel so, what do you feel the role of the church is?
8. How do you feel about church-related health programs? Probe; Do you think the church does enough or too much towards these church-related health programs? Give examples. Probe for PA and F&V. If enough (probe for why), If too much, probe for why?
9. Any parting thoughts.

KEY INFORMANT INTERVIEW GUIDE

1. As the [INSERT LEADERSHIP ROLE] What do you think or observe to be the health needs of the members of the Anglican Church?
2. With regards to the parishioners of Anglican Church, how would you describe their level of physical activity and eating pattern?

3. Are there activities organized by the Anglican Church that aid or promote PA? Probe for HFC and F&V. Probe for any diocesan activities relating to PA and HFC and F&V? Were these successful in your opinion, if yes, why? if no, why?
4. What things do you think there might be/exist that encourage members of the Anglican Church towards being PA and eating healthy and eating F & V? Probe further; what things discourage members of the Anglican Church from being PA and HFC and eating F & V.
5. Are there any existing Bible norms and values that aid or prevent PA? Probe for HFC and eating F & V. Probe further on how any of these affect PA and HFC and eating F & V?
6. Do you think the church has a role to play in Health and health-promoting activities? If you feel so, what do you feel the role of the church is? Probe
7. Any parting thoughts.